

NIGHT GUARD

ADJUSTMENT PERIOD

- Like any appliance your night guard will need a period of adjustment.
- It may cause you to salivate more than usual or give you dry mouth.
- It may probably feel bulky and uncomfortable. Don't become discouraged. Start slowly. For the first week just wear your Night Guard around the house for a few hours. If you notice that any of your teeth feel sore, contact our office for a simple adjustment.
- Once you feel comfortable wearing your Night Guard during the day for a few hours without problems, you are ready to try it at night.

MAINTAINANCE

- **DO NOT SOAK IN MOUTHWASH, DENTURE CLEANER OR HOT WATER AS THIS WILL DISTORT YOUR NIGHT GUARD.**
- Rinse well with water before and after use and store dry.
- Clean appliance with soap and warm water **ONLY**
- If it becomes loose, too tight or causes you discomfort, contact your dentist immediately.
- Bring your Night Guard to your maintenance appointments and we will put it through the ultrasonic cleaner.
- Be sure to bring your Night Guard to any restorative appointments so that your Night Guard may be adjusted to fit around any new fillings or other restorations.
- Night Guards will discolor and scratch over time. You may also notice signs of wear and cracking. When you bring your Night Guard to your maintenance appointments, we will inspect it and recommend replacement as needed.
- If you stop wearing your Night Guard for a prolonged period of time, your teeth may shift and your Night Guard may no longer fit, requiring an adjustment or replacement.
- **Pet Owners Beware!** Night Guards make great chew toys so store it accordingly.